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‘She’s a pretty powerful force. Still.’



Leah Parsons on the impact of Rehtaeh's tragic death three years later

metroNEWS



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SEX CHARGES

Ex-Pictou County teacher found guilty

A former Pictou County school teacher has been found guilty of four sex-related charges.

Carolyn Amy Hood, 39, had admitted to four of the six charges that include two counts of luring, sexual interference and sexual exploitation occurring be-



Carolyn Amy Hood TC MEDIA

tween Feb. 1 and Sept. 30, 2013.

The defence argued during an eight-day trial in October that Hood was not criminally responsible at the time because of a mental disorder.

Two additional sex-related charges were withdrawn by the Crown and three charges alleging breaches of a court undertaking have been stayed. A sentencing hearing will take place on July 26.

Judge Del Atwood said in his decision although Hood was afflicted with bipolar disorder type one, he was not satisfied she was experiencing a mental disorder at the time of the acts.

TC MEDIA

CRIME

Border agent charged with sexual assault



Zane Woodford
Metro | Halifax

Halifax police have charged a Canada Border Services agent with sexual assault.

A release from police says Carie Dexter Willis, 55, of Perre-fonds, Que., was arrested April 1 in Montreal.

He's charged with sexual assault, breach of trust and extortion for a June 2003 incident in which he allegedly "used his

position of authority as an immigration officer" to sexually assault and extort a 26-year-old woman who was supposed to be deported.

Police allege Willis sexually assaulted the woman on more than one occasion in Dartmouth in 2003.

He was remanded over the weekend and police say he appeared in Dartmouth provincial court on April 4. He was released from custody after his court appearance, and is scheduled to be back in court on May 9.

COLD CASE

Police investigation of cabbie's murder open

Thirty years after his death, homicide investigators are still trying to figure out who murdered Ronald Jack Henderson.

Henderson was found on the side of the road near 90 Withrod Dr. in Halifax on April 5, 1986, suffering from serious injuries. He was brought to the hospital where he later died.

Police found that Henderson, a taxi driver, had picked up two fares on Herring Cove Road and later got into an altercation with one or more unidentified people near where he was found injured.

The suspect(s) stole his taxi, which was later found in a local school parking lot.



Ronald Jack Henderson
HANDOUT

Police are asking anyone with information related to Henderson's murder to contact them or Crimestoppers. METRO

No need for concern after lockdown: RCMP

PUBLIC SAFETY

Two boys face charges after guns found near school



Sarah Rae
For Metro | Halifax

A police spokeswoman says parents and students have no need to be concerned following the lockdown of a Middle Sackville high school this week after the discovery nearby of a bag full of guns.

RCMP officers were back at Millwood High School on Wednesday, but only as a precaution.

"We feel like we responded appropriately and it was very timely and you know, there's no reason for them to be concerned now," RCMP spokesperson Cpl. Jennifer Clarke said to Metro about any fears people might have towards what happened on Tuesday morning.

"I can understand it was a very scary incident but the information sharing from our perspective was excellent."

It was a tip from someone in the community, reporting people in the area with firearms, that led to the police response and lockdown, she said.

Two boys, 15 and 17, face several charges related to the incident, including four counts each of possession of weapons for a dangerous purpose. One of the boys was arrested at the scene and the other in an area near the school.

Police say they found a duffel bag near the school filled with two long guns, two BB-type guns and ammunition.

Clarke said she understands



RCMP surround Millwood High School on Tuesday following the discovery of a bag filled with guns near the school. JEFF HARPER/METRO

people would make assumptions about a school-shooting plot, but said an investigation is underway.

"We knew we had people going in the direction of the school with guns and obviously our concern was the safety of the students, but any further than that I can't speculate," she said.

Halifax Regional School Board spokesperson Doug Hadley said the school was "upbeat and operating as it would on any other day" on Wednesday. Counsellors were on hand in the morning to support students, if needed.

The two teens accused appeared briefly in court Wednesday to face charges linked to the seizure of the guns and ammunition, but Clarke did not know if they were students at the school.

Both wore black hoodies and

+ CHARGES AGAINST THE TEENS

- | | |
|---|---|
| ■ Unsafe storage of a firearm | firearm in a motor vehicle |
| ■ Four counts each of possession of weapons for a dangerous purpose | ■ Two counts each of possession of firearm for the purpose of trafficking |
| ■ Four counts each of carrying concealed weapons | ■ Theft under \$5000 |
| ■ Two counts each of unauthorized possession of a firearm | ■ Possession of property obtained by crime under \$5000 |
| ■ Two counts each of unlawful possession of a | ■ Two counts each of possession of a weapon obtained by crime |

stared ahead intently. One was stocky with close cropped dark hair, wearing jeans. The accused were remanded until a show cause hearing on Friday.

An 18-year-old man was also arrested Tuesday in connection with the incident, RCMP said Wednesday.

WITH FILES FROM THE CANADIAN PRESS

CAPE BRETON

Sydney Academy closes over weapon complaint

There was another lockdown at a high school in Nova Scotia on Wednesday.

The official word came just before 1 p.m. to end the lockdown at Sydney Academy, one that lingered on for almost five hours after Cape Breton Regional Police responded to a weapons

complaint.

Over the course of the morning, students were kept inside the building while those arriving late were not allowed to access.

At about 10:15 a.m. one male student was escorted from the building by police. However, that arrest was part of an unrelated

incident and not connected to the investigation of a potential weapons complaint, according to police.

The student was placed in a police vehicle that left the scene, according to a Cape Breton Post reporter who was at the school for the entire lockdown. TC MEDIA

15

Some 15 police vehicles were at the school at any given time Wednesday morning, blocking roads from Sheriff to Townsend.

No challengers for mayor's job, yet

CITY HALL

Mike Savage confirms he's running again



Zane Woodford
Metro | Halifax

Halifax Mayor Mike Savage will be taking another run at city hall this fall, but who will be running alongside him is anyone's guess.

After strongly hinting since December that he'd be seeking a second term in office, on Wednesday, he told Metro it's official.

"I'm gonna be on the ballot in October," he said in an interview.

"I like the work. I feel like I'm well suited to it, and I think I can make a difference."

Savage said he feels like he's already made a difference, but there's more work to be done. He points to the municipality's economy, the coming regional centre plan and fewer secret meetings as accomplishments of the current team on council.

"I think there's a good feeling in the city right now," he said.

"I'm proud of the work that this council has done, and I'm hoping to have a chance to continue."

Savage won handily in 2012, taking 57.7 per cent of the vote in a field of six candidates. The runner-up, Tom Martin, garnered less than 20 per cent.

Right now, no one seems

+ VOTING DATE

The 2016 municipal election is taking place on Oct. 15.



Mayor Mike Savage pictured outside city hall. JEFF HARPER/METRO

to know of any candidates who've committed to a run at the mayor's seat in 2016. The municipality won't confirm the names on the ballot till nomination day in September, and Savage said he doesn't know of any challengers yet.

"I certainly expect somebody, some other people to run for mayor. That's the democratic process," he said.

"I like the work. I feel like I'm well suited to it, and I think I can make a difference. Mayor Mike Savage"

"Where they come from, I wouldn't say."

A source told Metro that a handful of councillors would've thrown their names in if Savage hadn't reoffered,

but there's virtually no will around the table at city hall to challenge the incumbent.

And rumours that disgraced, yet popular former mayor Peter Kelly would run

are now quashed after Kelly took a CAO job in Charlottetown.

It's a similar scenario to the one Savage faced in 2012, when Kelly dropped out of the race after a string of scandals.

"I expected to run against Peter Kelly in the last election and he didn't reoffer. If he had run this time, that would've been fine" Savage said.

+ CANDIDATES

How many candidates have run in past HRM elections?

1996: Three

Randy Ball, Walter Fitzgerald (W), Pat Pottie

2000: Four

Ken Ozmon, Aaron Peters, Walter Fitzgerald, Peter Kelly (W)

2004: Four

Ernie Brennan, Mike Flemming, Peter Kelly (W), Victor Syperek

2008: Three

David Boyd, Sheila Fougere, Peter Kelly (W)

2012: Six

Fred Connors, Aaron Eisses, Steve Mackie, Tom Martin, Robert McCormack, Mike Savage (W)

"I would've made my case against his, but it seems, at least at this point, that he's chosen a different option, so I wish him well."

When asked if he hoped someone would step up to present a real challenge, Savage wouldn't take the bait.

"I expect that there will be a vigorous competition for the mayor's office," he said.

"That's the way it is, that's the way it's always been, that's the way it should be."

"Who they are, I don't know."



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Keeping Rehtaeh's story alive

ANNIVERSARY

Three years later, people still being impacted



Yvette d'Entremont
Metro | Halifax

Thursday marks three years since her daughter Rehtaeh Parsons' death, but Leah Parsons said her daughter's story is still changing lives.

"I get messages from people all the time about how Rehtaeh has helped them, how she has saved their lives, made them get help, has given them the strength to speak out and say 'You know what? This happened to me, too, and I need to get help for this now,'" Parsons said in an interview.

"A woman came up to me just the other day and said her daughter is here now because she reads the posts that I put up. She (Rehtaeh) is a pretty powerful force. Still."

It was April 4, 2013 when Rehtaeh attempted suicide following months of cyber bullying related to an explicit photo showing her vomiting out a window as a boy behind her gave the thumbs-up.

On April 7, 2013, the 17-year-old was taken off life support.

Her story made international headlines and is the subject of

documentaries in several countries. Her mother delivers presentations across Canada and shares stories via her blog about Rehtaeh.

"She was my driving force I'd say, and she's still here. I feel her presence when I go to speak... I'm giving her a voice, but it's her," Parsons said.

"She never wanted to be silenced and she never tried to hide what happened to her. She tried to fight back. She tried to stick up for herself the best she could and I just feel that I have to keep talking for her and bringing this conversation over and over again to whoever wants to listen to it because that's her legacy."

On Saturday, Parsons will be on hand for the third annual memorial walk for Rehtaeh to bring awareness to the issue of sexualized violence. California filmmaker Emily Linden will also attend for the

Nova Scotia premiere of her documentary UnSlut, which includes Rehtaeh's story.

"Our message this year is 'Don't take advantage, get me home.' That just means that as a community, watch out for each other... It's about being aware and not just standing back," she said. "You don't have to put yourself in the line of fire so that you're going to be injured, but you can do something. And if something were done to help Rehtaeh that night, she'd be here now."

"There's a lot of misconcep-



Rehtaeh Parsons at a spot her mother says she loved to visit. CONTRIBUTED

tions out there and a lot of people who think that if a girl is drinking and she's drunk, what happens to her next, that's her fault," said Parsons.

"I talk about that in my presentations. That's a vulnerable person. You don't take advantage. You get them help."

Parsons said while she has

reached many, our society has a lot to learn.

"Trauma is a complicated thing and it doesn't unfold in this neat little package," she

said. "When we get to a point where that is understood, that trauma doesn't unfold in a neat package, that's when we're going to see progress."

+ WALK IN HER NAME

Followed by screening of doc

The third annual walk to 'Rae's Awareness about Sexualized Violence' takes place April 9, starting at 1 p.m. at Forest Hills United Church, 80 Chameau Cr., Dartmouth. It will be followed by a screening of the documentary UnSlut. METRO

"I feel her presence when I go to speak ... I'm giving her a voice."

Leah Parsons



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COMPASSION

Leah Parsons: In her own words

Snippets of Leah Parsons' blog post reflecting on the third anniversary of Rehtaeh's suicide:

Well, if it comes right down to it I struggle with missing my child the most. I struggle with the loss of my girl in my life. I feel dense and full of pain both physically and emotionally and as April 1st arrived my hips and legs begin to ache more and more. My body feels this loss too. I struggle to lift my legs during my yoga practice. The denseness is here!

So I sit and reflect on a life lost — my daughter's life. I sit and cry and remember all the years and what Rehtaeh meant to me and continues to represent in my life.

I reflect on how Rehtaeh changed my life in so many ways for the better. I reflect on our turmoil and our struggles



Leah Parsons.
JEFF HARPER/
METRO

in our relationship after her assault. I allow it all to rise up and cover me because today it's been 3yrs since I last saw Rehtaeh and hugged her... You see suicide is not a selfish act, it's an act of desperation, hopelessness and sometimes even anger and frustration.

By the time someone actually acts on suicidal thoughts they have already talked them-

selves out of it multiple times and kept on trying.

Why? Because they know they have loved ones who will miss them.

They want to live their life — just not one full of pain and suffering.

They do try and try and that is what is missing in some of the dialogue when we say "That's such a selfish act."

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CHILDREN'S HEALTH

Province offers new anxiety program



Brenlee Brothers
For Metro | Halifax

Monique Yazbek compares anxiety in kids to that smoke detector in your house that always goes off when you're boiling water, or when you leave the oven on too long.

As a mental health and wellness coordinator at IWK Primary Health and Chebucto Community Health, Yazbek believes some people's brains are more sensitive to anxiety than others.

"Their brain tells them there's something they need to be worried about when there actually isn't," Yazbek said Tuesday. "All humans experience anxiety as part of the human condition, but not all of us experience anxiety to the point where it interferes with our functioning."

+ GET INVOLVED

The next meeting will be held April 12, from 6 to 8 p.m. at the Prospect Road Community Centre.

For more information or to register, phone 902-460-4560, ext. 2.

Normal anxiety is one of the more common mental health problems that young people experience, Yazbek said.

That is why the IWK and Chebucto Community Health team is offering a two-week program that started Tuesday, for parents with kids up to 12 years old that will focus on learning how to identify anxious feelings and the skills needed to help manage everyday anxiety.

"It's not a problem to have anxiety, it's only a problem when that anxiety actually stops you from doing the things that you want to do and the things that you need to do," Yazbek said.

That's why it is so important for parents to help their children to understand what anxiety is and for to know the words that describe what they are feeling, she said.

"We want our kids to learn how to express their feelings in appropriate ways," Yazbek said.

The program will teach parents how to manage anxiety before it gets to the point where their kids might need some help.

"We want parents to have the skills to be able to help their kids," Yazbek said.

Court finds man not responsible for fire

Adam Nigel Patchett, 27, of Windsor was found not criminally responsible for causing a fire that damaged his mother's home on O'Brien Street on Feb. 14, 2015.

Patchett was present at the Hants County Courthouse in custody on April 5.

Patchett is also charged with

assault causing bodily harm and assault in North Kentville on Sept. 25, 2015.

Those matters have been adjourned to April 19 for plea.

None of the occupants of the building in question were injured in the fire, however, one firefighter did receive minor injuries. TC MEDIA

Love letters spread positive message

LGBTQ

Advocates, clothing line team up for campaign



Nicole Gnazdowsky
For Metro | Halifax

Love letters took on a new form Wednesday at Dalhousie University thanks to the Get REAL society.

The LGBTQ advocacy group is one of the four groups across North America to partner with the Wear Your Label clothing line on their new project, the With Love Letter Writing Campaign that pairs a positive letter from a stranger with each article of clothing purchased from the online store.

"Today in just the few hours we had the booth we got 102 hand written letters of hope", said campaign organizer and society member Allie McLaughlan-Richards.

Wear Your Label is a clothing line designed to encourage conversations about mental health. The idea is for people to wear the brand proudly, instead of hiding behind the negative labels that often define mental health.

The shirts are covered in supportive statements, such as "sad but rad", "self-care isn't selfish", and "I define me".

The clothing line is paired with different organizations around the community that support mental health initiatives and 10 per cent of proceeds go to these partners.

"Wear Your Label aims to



Sarina Selig holds one of the cards from the Get Real With Love Campaign at Dalhousie University on Wednesday. JEFF HARPER/METRO

end the stigma around mental illness, and Get REAL aims to eliminate LGBTQ discrimination and promote inclusivity for everyone. The two themes really go together," said McLaughlan-Richards.

The With Love letters can contain personal stories, advice, or even drawings, "just anything that could make another person happy," member Madhar Malckena said.

"Forming the partnership and making that connection, and then getting to talk to students around campus about it, was an incredibly opportunity," said McLaughlan Richards.

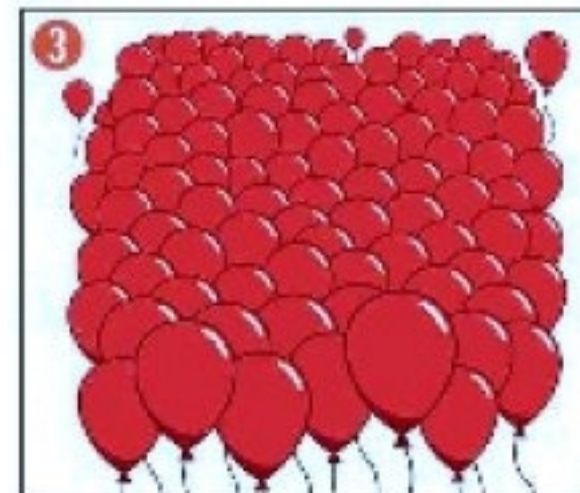
Some of the messages received during the campaign

"You decide every moment of everyday who you are and what you believe in, you get a second chance every second."

"Look for something positive each day, even if some days you have to look a little harder."

"Your value doesn't decrease based on someone's inability to see your worth."

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Charlottetown gets a bit sweeter

BUSINESS

The Freak Lunchbox candy chain heads to P.E.I.

Charlottetown — get ready to get your freak on!

Freak Lunchbox, a candy store founded in 2001 in downtown Halifax, is coming to the P.E.I. capital city this summer.

Jeremy Smith, who co-owns the franchise with business partner Erin Schwanz, said Wednesday he's been trying to find the right location in Charlottetown almost since the beginning.

"We've been looking for at least 10 years. It was just a matter of finding the right location and not wanting to settle," Smith said.

The right location is in downtown Charlottetown on Grafton Street, right next to Cows, in the location formerly occupied by Subway.

Subway has moved into a new space nearby.

Sheela Brennan, property manager with Cows Inc., said



Co-owner Jeremy Smith says the Halifax-based sweets franchise has been looking for a place to set up shop in Prince Edward Island for 10 years. JEFF HARPER/METRO

things came together recently.

"We went in search of a new tenant for that space and we met Jeremy," Brennan said, adding that contrary to rumours the Cows location on the corner of Grafton and

Queen streets is not expanding.

Smith said he spoke to Brennan about possibly moving into a location on the Charlottetown waterfront near the seasonal Cows ice-cream parlour, but nothing ever came of that.

This will be the seventh location for the Freak Lunchbox franchise. There are also stores in Bedford; St. John's, N.L.; Saint John, N.B.; Calgary and Montreal.

Smith said his team searches



We're still just a mom-and-pop shop, pushing one foot in front of the other. Nothing has changed since 2001.

Jeremy Smith

the world to find the weirdest, newest and hippest candy and pop-culture items on the market. They also hire employees who like to have fun. It isn't unusual to see the staff break into dance. The interior of the store is a sea of colour, while the exterior honours the historic appearance of the downtown.

Smith said he plans to hire about 10 employees and operate year round.

"I feel that we are a very similar business (to Cows) in that we're still just a mom-and-pop shop, pushing one foot in front of the other. Nothing has changed since 2001. We're just trying to do something every day to make it better."

They don't take over the location on Grafton Street until May 1. It is expected to take two to three months to get the store ready for business, but Smith says they'll be moving

as quick as possible.

Brennan said they are working with an architect to make changes to the exterior of the building that will bring it back to its historic roots.

DAVE STEWART/

CHARLOTTETOWN GUARDIAN/TC MEDIA

+ CANDY STARS

Celebs love sweets, too

These famous faces have shopped at the Halifax location:

Tom Sellick
Lucy Liu
Gabriel Byrne
Candice Bergen
Julianne Moore
Pierce Brosnan
John Stamos
Ethan Hawke
Sandra Oh
Rob Lowe

CHESTER-ST. MARGARET'S

MLA to take leave for M.S. care



Kristen Lipscombe
Metro | Halifax

The MLA for Chester-St. Margaret's is taking a temporary leave of absence "to deal with ongoing health concerns," the provincial New Democrats announced Wednesday.

Denise Peterson-Rafuse was recently diagnosed with multiple sclerosis and is receiving treatment for her symptoms, according to an NDP news release.

"My constituency office will remain open and fully staffed while I am off work," Peterson-Rafuse said in the news release. "I know they will continue to serve the people of Chester-St. Margaret's well."

Peterson-Rafuse has received permission from the Speaker of the House of Assembly to take time off during the upcoming spring legislative session, the release said.

COURTS

Christian university under legal scrutiny

Canada's legal community is keeping a close watch on a Halifax courtroom, where a Christian university is under scrutiny for its policy on intimate relations among students, the head of Nova Scotia's law society says.

Jill Perry, president of the Nova Scotia Barristers' Society, said outside court Wednesday the case is the first of three involving Trinity Western University in British Columbia to reach the provincial appeal court level.

"Everybody's watching Nova Scotia to see what happens," Perry said on the first day of what is expected to be a three-day hearing before the Nova Scotia Court of Appeal.

The university's plans to open a law school in Langley, B.C., have drawn criticism because students will be required to sign a so-called community covenant that forbids sex outside of marriage between a man and a woman.

In April 2104, the Nova Scotia law society amended its regulations to say the requirement represents unlawful discrimination against gays and lesbians. As a result, graduates of the law school

would not be allowed to article or practice law in Nova Scotia.

In January, a Nova Scotia Supreme Court judge decided the law society exceeded its jurisdiction. Judge Jamie Campbell said the move also amounted to an infringement on religious freedom.

Law societies in Ontario and B.C. have also opposed granting accreditation to Trinity law school graduates. Both of those cases will be dealt with by each province's appeal court in June.

Inside the packed Halifax courtroom Wednesday, 20 lawyers shuffled through legal briefs before a five-judge panel.

Law society lawyer Marjorie Hickey told the panel that the lower-court ruling failed to properly consider the broad nature of the Legal Profession Act, which says the purpose of the law society is to "uphold and protect the public interest in the practice of law."

She said the self-governing body had far-reaching obligations beyond overseeing the qualifications and conduct of its members. THE CANADIAN PRESS



Everybody is watching Nova Scotia to see what happens.

Jill Perry



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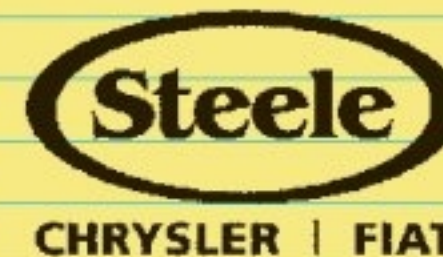


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Snowden praises leaker

DEMOCRACY

Panama Papers show a 'vital' need for more whistleblowers



Matt Kieltyka
Metro | Vancouver

The need for whistleblowers is greater than ever following the release of the Panama Papers, Edward Snowden told a Vancouver audience Tuesday evening.

The National Security Agency whistleblower appeared via web link at Queen Elizabeth Theatre for a Simon Fraser University Public Square forum on big data, moderated by CBC journalist Laura Lynch.

Inevitably, Snowden — who exposed mass surveillance by the United States government and its allies in 2013 and who is currently living in Russia for fear of arrest — was asked about the release of the Panama Papers this week.

The papers, reportedly the



Edward Snowden speaks to CBC journalist Laura Lynch via web-link during a Simon Fraser University Public Square forum on big data in Vancouver on Tuesday. SCREENGAB

biggest data leak in history, contain the private database of law firm Mossack Fonseca and reveals how offshore tax havens are used by companies and individuals, including some world leaders, to avoid billions of dollars in taxes.

"We have found that countries where we might have suspected this kind of corruption — such as China, Ukraine and Russia — were not alone," said Snowden. "This reveals that one of the founding premises of democracy, which is that

one law applies equally to both the powerful and the powerless, is beginning to change. And it happens without our knowledge, our awareness and without our consent.

"The most privileged and the most powerful members

of society are operating under a different set of rules that exempt them from not only the same laws to which we are held, not only the same standards of behaviours to which we are held, but they don't even pay the same taxes that we do," he continued. "And yet (they are) the ones who benefit the most from the structures of society."

The leak and the subsequent fallout worldwide shows the need for whistleblowers, Snowden said.

"I think that this shows, more than ever, the role of the whistleblower in free society has become not only desirable but vital."

Asked by Lynch whether he had been in contact with the leaker of the Panama Papers, whose identity remains unknown, Snowden managed to conjure a laugh out of the sold-out crowd.

"If they had, I could not say one way or another. But for the record, I haven't," Snowden said, adding it's for the best. "I'm probably under a lot more monitoring than the average journalist."

WITH FILES FROM TORSTAR NEWS SERVICE

TAX EVASION

Trudeau urges global crackdown

Prime Minister Justin Trudeau said Wednesday the international community has to work together to make global finance more transparent to prevent the sort of inequality highlighted by the so-called Panama Papers scandal.

Otherwise, rich investors will simply "hop" around to favourable jurisdictions where they can avoid paying tax, Trudeau said.

"The level of awareness that citizens of the world are beginning to take in regards to tax avoidance and evasion is a good thing," Trudeau said. "But it's certainly something that we will be working on together as a community of nations."

Trudeau was asked about the matter in Montreal, where the annual general meeting of the Royal Bank of Canada — the only Canadian bank linked to the data leak — was also taking place Wednesday. Media reports say the bank used Mossack Fonseca, a Panamanian law firm at the centre of the data leak, to set up more than 370 shell companies. THE CANADIAN PRESS

GUINNESS WORLD RECORDS

Canadian man is world's fastest juggler



Gilbert Ngabo
Metro | Toronto

Canada is home to the fastest half marathon jogger in the world.

Toronto's Michal Kapral got the word Monday from Guinness World Records that the 1 hour and 20 minutes it took him to complete the 2014 Scotiabank Toronto Waterfront half marathon while juggling three balls set a new bar.

As far as Kapral is concerned,

it's just the first formal recognition of his many successes. He's pretty sure he's been unofficially setting and breaking records since picking up jogging and juggling many years ago.

"I've always liked to try and do all sorts of things while running," Kapral said, noting he once ran a full marathon while pushing his daughter in a stroller.

But, he considers juggling "the best sport almost no one has heard of."

Running, he said, is an "addiction" that's proven impossible

to shake. Juggling, meanwhile, can be seen as a metaphor for how we lead our lives.

"We're all running our life marathon," Kapral said. "If you drop a ball, you've got to pick it up and keep going."

In October, Kapral plans to compete against jugglers from around the world during a marathon in Chicago. It shouldn't prove too much of an issue since he's already mastered the strategy.

"You've just got to get into the zone," he said. "If you overthink it, you quickly drop the ball."



Michal Kapral jogging. COURTESY CHRISTINE SPINGOLA/CANADA RUNNING SERIES

POLITICS

Libs launch review to decide future size and shape of Canada's military

The Trudeau government has embarked on its long-awaited review on the future of the Canadian Armed Forces. Defence Minister Harjit Sajjan has laid out the process and is asking for public input. Consultations, to take place between now and the end of July, will look at the future size of the military, the kinds of missions it will undertake and the type of equipment it will have. THE CANADIAN PRESS

Trudeau says Ottawa will be partners with cities on infrastructure

Prime Minister Justin Trudeau says his government is committed to working with municipalities and provinces when it comes to infrastructure. Trudeau says it is up to towns and provinces to determine priorities. He adds the government has put forward its investments in two phases, with the first focusing on concerns such as maintenance and upgrades. THE CANADIAN PRESS

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Trump's lead now damaged

U.S. ELECTION

Wisconsin dealt blow to front-runner's campaign

Republican Donald Trump emerged from the Wisconsin primaries as a damaged front-runner following a crushing primary loss to rival Ted Cruz, deepening questions about the billionaire businessman's presidential qualifications and pushing the Republican Party toward a rare contested convention nomination fight.

Democrat Bernie Sanders also scored a sweeping victory Tuesday giving him fresh incentive to keep challenging Hillary Clinton. But Sanders still lags behind Clinton in the all-important delegate count.

Both parties now turn their sights toward New York, which offers a massive delegate prize in its April 19 contests. It marks a homecoming of sorts for several candidates, with Trump, Clinton and Sanders all boasting roots in the state.

In the Republican primary system, candidates vie in each state to win delegates, who then vote for the nominee at party conventions over the summer. If no candidate wins an outright majority in the first vote of the convention, most delegates are free to change their allegiance, so candidates would have to compete to win their support.

Cruz has stepped forward as the candidate best positioned to

block Trump in the Republican race, though it would likely take a convention battle to accomplish that goal.

A Texas senator with a complicated relationship with Republican leaders, Cruz cast his Wisconsin victory as a "turning point" in the race and urged the party to rally around his candidacy.

Even if Cruz's gains do force the Republican race into a contested convention in July, it is unclear whether he would emerge as the nominee, or whether the party would try to put forward someone else.

In the Republican race, Cruz was poised to collect most of Wisconsin's 42 Republican delegates.

In the Democratic race, Sanders still trails Clinton in the pledged delegate count and has so far been unable to persuade superdelegates — the party officials who can back any candidate — to drop their allegiance to the former secretary of state and back his campaign.

At a raucous rally in Wyoming, Sanders cast his victory as a sign of mounting momentum for his campaign.

"With our victory tonight in Wisconsin, we have now won seven out of eight of the last caucuses and primaries," he declared. Sanders is favoured to win Wyoming's Democratic caucuses on Saturday, but it offers a small delegate prize.

Because Democrats award delegates proportionally, Sanders' victory in Wisconsin did not cut significantly into Clinton's lead in the pledged delegate count.

THE ASSOCIATED PRESS

Scenes from 16 years in space

NASA's Terra satellite has been orbiting Earth every day since 1999. Over those 16 years, one of its instruments, a joint American-Japanese radiometer known as ASTER, has captured some 2.95 million scenes of Earth — cities, glaciers, deserts, disasters and more. Now, those maps are available to the public. Here are some of the most awe-inspiring images from the ASTER database. **TORSTAR NEWS SERVICE**

The Andes

The Andes along the Chile-Bolivia border. Visible and infrared data have been computer enhanced to exaggerate the colour differences of the different materials, including lava flows.



Siberia

The Kondyor Massif in Eastern Siberia, Russia. The rare, perfectly circular "igneous intrusion" is full of valuable minerals, including platinum.



New Orleans

New Orleans in 2000 (top) and seventeen days after 2005's Hurricane Katrina (bottom). On the left side of the image, the failed 17th St. canal marks a sharp boundary between flooded city to the east and dry land to the west.



Kansas

Center-pivot irrigation in the croplands of Finney County, Kansas, create a patchwork of healthy green vegetation and yellow fallow or harvested fields.



Nunavut

Glaciers and ice on Ellesmere Island, Nunavut.



China

Rivers and sediment interact to create an "alluvial fan" between the mountain ranges that form the southern border of China's Taklamakan Desert.



Weeknights at 6 Kat counts down the HOTTEST songs of the day.

6 SIX@6 LAST NIGHT:

6 G-Eazy ft. Bebe Rexha
Me, Myself and I

5 Hozier
Lose Control

4 Lukas Graham
7 Years

3 Zara Larsson ft. MNEK
Never Forget You

2 Fifth Harmony ft. Ty Dolla Sign
Work From Home

1 Meghan Trainor
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IN BRIEF

Pope Francis blesses eyes of little girl going blind

Pope Francis on Wednesday blessed the eyes of a 5-year-old Ohio girl who suffers from a rare genetic disease that is gradually robbing her of her sight.

Lizzy Myers and her family had special seats for Francis's Wednesday general audience, and Francis caressed her, hugged her, and placed his hands over her eyes. Lizzy's disease will take away her hearing and gradually make her blind.

THE ASSOCIATED PRESS

MIGRANT CRISIS

EU looks for a new solution

The European Union is looking into a fundamental reform of its migration policies, which have heaped pressure on some nations like Greece and Italy as over a million migrants and refugees arrived in Europe over the past year.

The EU Commission announced Wednesday it wants to amend the current principle where the first nation where a migrant arrives must process their asylum request. The policy is a central tenet of the 28-nation bloc's migration system, which has failed over the past year, EU Vice-President Frans

Timmermans said.

Instead, the Commission proposes to activate a "distribution key" to spread asylum applicants around the EU. That means each EU nation would have to take a set number of asylum-seekers, according to a quota devised by the bloc. Still, a mandatory distribution of some asylum-seekers already in Europe has already caused serious frictions among many EU nations and the Commission's proposal Wednesday to amend one rule was unlikely to change that immediately.

The Commission said in a document to EU institutions

that "significant structural weaknesses and shortcomings" in the current system were rife, which placed "a disproportionate responsibility" on some nations, while others, mostly eastern European members, sought to shield their countries from having to carry much of the refugee burden.

The bloc's inefficient rules on how to handle migration along with its slow decision-making once the refugee crisis hit last year have been fodder for critics who portray the EU as an inefficient, outmoded institution.

THE ASSOCIATED PRESS

Release name of bank: Critics

FINTRAC

\$1.1M fine issued, but agency won't name names

Why is the federal anti-money-laundering agency tight-lipped about the name of the first Canadian bank found to violate its regulations, but publicly shaming smaller players?

That's what a wide-ranging group of critics want to know about the first-ever penalty against a bank by the Financial Transactions and Reports Analysis Centre of Canada.

The terrorism and money-laundering watchdog, known as Fintrac, announced Tuesday that it has issued a \$1.1-million fine against an undisclosed financial institution for failing to report a suspicious transaction and various other infractions.

"Our criminal and administrative law regime is based on disclosure of wrongdoing, not on secrecy of wrongdoing," said Christine Duhaime, a lawyer who specializes in anti-money-laundering law.

"Joe Average who is fined for



Canada's terrorism and money-laundering watchdog announced Tuesday that has issued a \$1.1-million fine against an unknown financial institution for failing to report a suspicious transaction and various other infractions. TORSTAR NEWS SERVICE

any administrative infraction is not afforded secrecy in this way and the rules should apply to all Canadians, legal and natural persons, equally."

Fintrac said Tuesday's announcement is meant to deter others from failing to report.

But the bank's name was not added to a list of violators published on the agency's website. However, the home page shows

the name of many smaller companies.

Fintrac collects millions of pieces of data from 31,000 businesses every year and analyzes them for suspicious activity. Those businesses are legally required to report certain financial activities — anything from cash transactions of more than \$10,000 to a disguised customer.

The centre has legal power to

use its discretion on whether to publicly name companies it has fined. The recent unnamed financial institution isn't the only case where it has taken exception — the companies involved in 34 of the 74 monetary penalties the agency has levied since 2008 have not been disclosed, said spokesman Darren Gibb.

In the case of the bank, the agency decided it was in the

public interest to publish the details of the penalty to "send a strong message of deterrence" in a timely manner rather than name the institution after a potentially lengthy appeal process. The financial institution has already paid the \$1.1-million penalty.

Michael Baumbach is director of Toronto-based Diamond Exchange Toronto Inc. which was fined \$12,750 and named by Fintrac in March. He says the agency is unfairly punishing smaller firms like his jewelry business, which is trying hard to comply, while letting bigger players off the hook.

He believes the bank's name was kept secret because it has resources at its disposal to give Fintrac a legal headache. Meanwhile, he feels powerless when trying to get answers about why it fined his company, which now faces bankruptcy over what he says is an unjust fine.

The first-ever Canadian bank penalty has come to light amid heightened awareness about money laundering in the wake of the so-called Panama Papers, which implicate numerous Canadians in dubious banking practices around the world.

TORSTAR NEWS SERVICE

NEW MEASURES

Filing taxes to get simple

Tax season is upon us once again and the Canada Revenue Agency has implemented several new measures in an effort to help streamline the filing of income tax returns.

Tax partner Bruce Ball at BDO Canada says missing slips can be a common problem for many people, but the changes make it harder for them to slip through the cracks. Those registered with CRA's My Account service can use a new auto-fill service with certain tax software packages that automatically fills in parts of an income tax return.

The auto-fill service will help fill in certain information on a tax return including T4 and T5 slips. Filers will still have to check to ensure the information is correct and if they notice a mistake, they'll have to contact whoever issued the slip.

The CRA has also updated notices of assessment. The forms, which are sent after the government processes tax returns, include an account summary, explanation of changes as well as an RRSP deduction limit and other details. THE CANADIAN PRESS



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THOMAS WALKOM ON THE NDP CONVENTION



Other than Mulcair, no one has publicly indicated a desire to lead the NDP. No wonder. It is a difficult and quarrelsome party constantly trying to second-guess itself.

As they prepare for their federal convention in Edmonton this weekend, New Democrats are in a quandary.

On the one hand, they have to differentiate themselves from Justin Trudeau's Liberals, a party that has moved — or at the very least feigned — decidedly to the left.

On the other, they have to avoid straying so far from the mainstream that they become unelectable.

They have to figure out how to meld practicality with principle.

As well, they face the nagging question of what to do with party leader Tom Mulcair.

Should they repudiate him in the hope that he'll quit? Or should they stick with the leader they know, however flawed, until someone better comes along?

The agony of the NDP was highlighted again this week in Saskatchewan, the party's birthplace.

In Tuesday's provincial election, New Democrats were soundly trounced by Brad Wall's right-wing Saskatchewan Party. The race saw the Saskatchewan NDP score its lowest popular vote ever. Party leader Cam Broten lost his seat.

All of this came at the end of a campaign in which the NDP focused on Wall's inability to rein in the provincial deficit.

Voters, it seems, weren't impressed with that critique. Faced with a choice between Wall's bona fide conservative party and a social democratic party pitching itself as conservative, they opted overwhelmingly for the real thing.

That's something NDP delegates to this weekend's

federal convention might want to keep in mind.

New Democrats routinely go through periods of introspection. From the Waffle movement of the 1970s to the New Politics Initiative of 2001, the party's left wing has regularly tried — usually unsuccessfully — to shake things up.

This year, those who want to shake the tree in Edmonton are coalescing around the so-called Leap Manifesto, an aspirational document based on respect for indigenous people and a desire to combat climate change.

The manifesto is often portrayed as pie-in-the-sky. But it includes some very practical ideas (such as building public transit) and

has been signed by some very practical people — including former Ontario chief justice and one-time Progressive Conservative cabinet minister Roy McMurtry.

Another signatory is Stephen Lewis, the former Ontario NDP leader who, during his time at the party's helm, battled and eventually purged the left-wing Waffle.

All of which is to say that any debate this weekend in Edmonton over the future of the NDP promises to be complicated.

As for Mulcair's future, who knows?

The most remarkable element of his battle to retain the party's leadership is how little enthusiasm it

evokes.

The United Steelworkers union, which routinely backs the NDP leadership, is supporting Mulcair. So are four other unions.

Canadian Labour Congress head Hassan Yusuf wants Mulcair to go. Somewhere in the middle is Jerry Dias, head of the private-sector union Unifor.

He wants Mulcair to stay — for now. But he also says that in two years, the NDP may need a new leader.

Mulcair may score well in this weekend's leadership-review vote simply because no one can think of anyone else.

Some obvious successors, such as British Columbia MP Nathan Cullen have ruled themselves out (for now).

Other obvious successors, such as former Halifax MP Megan Leslie no longer hold seats in the Commons.

Other than Mulcair, no one has publicly indicated a desire to lead the NDP.

No wonder. It is a difficult and quarrelsome party that is constantly trying to second-guess itself.

It is reluctant to be labelled socialist, in case this offends.

But it insists that its leftist history makes it somehow worthier than any other centrist party.

It routinely treats principle and power as mutually exclusive. But it too often forgets that it is possible to have both — that, in the end, voters will elect people to power only if they have a notion of what those people actually stand for.

Thomas Walkom is a national affairs writer. His column appears in Metro Halifax on Thursdays.

ROSEMARY WESTWOOD

metroview

Public changerooms: Our secret realm of body-positivity

There's Kim Kardashian nude — all pouty and "empowered" on social media.

And then there's changeroom nude.

Where Kim is never short of vapid, Hallmark-inspired defences of nude selfies and her right to "be allowed to be sexy," in the changeroom at the downtown Jewish Community Centre, nudity is allowed to be saggy.

All day long, women file in and out, coming in clothed, exiting clothed. In between? They're naked. And not for self-promotion purposes.

A public changeroom is the anti-porn, the pro-reality. It's not that these average, assorted bodies can't be sensual, but they aren't naked for sex, or even sexiness. And in our culture, that is refreshing. No one is stopping to snap selfies tagged "#liberated." They're busy applying lotion.

Some women are tall and thin, or short and round, small breasts, large ones, slumped shoulders, knocked knees, loose skin, flat bottoms. Chatting in various states of dress and undress, calloused feet on tile floors, blow-drying their hair with a small towel over their bare shoulders to catch the wet drips.

They get dressed in helter-skelter fashion while passing by mirrors for make-up and hair primping.

The clientele skews older, which is enlightening for a

young(er) woman. This is your future, their bodies announce, and no amount of #goals will save you from #time.

This is an oasis from beauty norms, even household norms (how many adult children are openly nude with their parents?). I've even seen a naked woman in the hot tub sing to herself, something bluesy.

As a teenager, I hated the flagrant disrobing. I used the private stalls, cringing at even my own mother or sister's bare bodies slipping in and out of swimsuits. Mortified most of all by the shower.

I grew into public nudity as I grew out of self-consciousness. Perhaps changerooms, then, are good barometers for how comfortable you are in your skin. But they're also an opportunity to see how comfortable others are. Others who aren't a Kardashian. Others who probably don't prize looking hot quite so much, and who take interest in other measurements.

It's not syrupy self-love on display, only self-acceptance.

Undoubtedly, most women could criticize their bodies, if asked to. But who would bother? And what's the point? You've already dragged yourself here for some kind of fitness effort, and your limbs are working to whatever degree, and you're not thinking about the size of your tits while you strap on a bra. Blessedly, neither is anyone else.

THE MICROTREND: Femininity consultants



Post-Caitlyn Jenner, trans rights are at the forefront of the fight for equality. For the movement, there are political and economic battles to be fought and entrenched stereotypes to erase. But for individual trans people, there's an equally important struggle: figuring out how to present themselves to an often hostile world. Of course, where there's a need, there's a business opportunity. Hence the inchoate cottage industry of femininity consultants such as Monica Prata, a New York woman (cisgendered) whose company, Nouveau She, provides clients at various stages of transition with advice in makeup, comportment and wardrobe. "Our objective ... is not to create a caricature of femininity but rather to illuminate your beauty within," says Nouveau She's website. SOURCE: VICE; IMAGE: THE CANADIAN PRESS

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Candy's history isn't too sweet



Author Susan Benjamin owns several historic candy shops called True Treats Candy.

CONTRIBUTED

NEW BOOK

Author looks at the origins of treats

Susan Benjamin owns stores in Maryland and West Virginia called True Treats Candy that specialize in historical candy products, including treats created by Aboriginal Peoples.

She has now written a history of candy, *Sweet as Sin: The Unwrapped Story of How Candy Became America's Favorite Pleasure*.

This conversation about her new book has been edited for length.

The idea of candy in North America really started with indigenous fruit — cranberries and blueberries, for example. It's surprising to find that peaches weren't natural to this continent and they changed the way people ate.

When you go through the supermarket, there is very little that exists as it originally was. You have to remember the honeybee didn't get to North America until 1622. The peach came here in the 1500s with the explorers. They flourished, in part, because native Americans created orchards. Fruits that were indigenous to North America, the strawberry and the blueberry, were changed by the European-Americans trying to create a more salable commodity.

We sell, in our historic candy shop, fruit from the Ojibwa tribe, the highbush blueberry and cranberry. You can really taste the difference. Native Americans used



“When you talk about candy you have to address the lives of the African Americans. It is really dire and so horrendous.” Susan Benjamin

all parts of the corn and one good example is corn syrup, and that was used long before the Europeans came. The other corn product would be the corn cob. We sell corn-cob jelly in our shop. Native people would take various parts of the corn and use it as candy.

You write about the chefs who created candied treats for their employers, but your description of George Washington suggests he was a terrible boss, especially to his poor chef Hercules!

Washington was considered relatively good to his slaves. Most of the founding fathers had slaves, except for John Adams. Hercules is an amazing example because he defeated the system by escaping and staying escaped.

When George Washington lived in Philadelphia, which allowed slaves to become free after living in Pennsylvania for at least six months, he would often send his slaves back to Mount Vernon in Virginia, which was a state that had the largest number of slaves in the early United States. Hercules

wanted to be his own man. Word got around to George Washington that Hercules wanted to be free, so he sent him back to Virginia and had him do arduous work in the fields. He did that to break Hercules' spirit so Hercules wouldn't think of escaping. Hercules did escape, but Washington did everything in his power to

get him back. He posted notices; he offered Hercules the opportunity to come back as a free man.

I believe the main reason for slavery was cane sugar. Huge numbers of workers were needed to produce the cane.

So when you talk about candy you have to address the lives of the African Americans. It is really so dire and so horrendous, and I started seeing them as survivors rather than victims. They survived these unbearable circumstances. It made me see my nation in a different way, and that many of these people were unsung inventors in the world of sugar and they need to be honoured and celebrated.

TORSTAR NEWS SERVICE



INTERVIEW

Tina Fey on her edible book and other works she loves

Even for someone as loved as Tina Fey, a reported \$6 million advance seemed like a lot of money for a book of essays.

But five years after its publication, *Bossypants* has sold 3.75 million copies, according to Little, Brown and Co.

And it confirmed a market for smart, funny nonfiction such as Amy Poehler's *Yes Please* and

Mindy Kaling's *Is Everyone Hanging Out Without Me?*

In an email interview Tuesday, Fey discussed *Bossypants* and some books she has enjoyed recently. She also had a few words for author-journalist Gay Talese, who said last weekend that he could think of no women journalists who inspired him when he was young.

When the book was first published, what were your expectations?

My goal was just to avoid humiliation. After years of writing character-based comedy in a group process with other writers, a book “about me written by me alone” made me feel panicky and vulnerable. I kept telling my hus-

band, “This is going to ruin me.”

Why do you think it has done so well, beyond, of course, your fame and the quality of the writing?

It's also edible. Well, I guess all books are if you're hungry enough.

Any books you'd recommend that you've read lately?

I enjoyed Diane Von Furstenberg's autobiography. I loved *Americanah* by Chimamanda Ngozi Adichie. I'm currently reading *Dinosaurs in the Attic* — non-fiction about the American Museum of Natural History. Nothing by Gay Talese has moved me. THE ASSOCIATED PRESS



Tina Fey GETTY IMAGES

MUSIC

Health issues delay Janet Jackson tour

Janet Jackson is delaying her "Unbreakable" tour, saying Wednesday that she and her husband are planning their family and that she is under doctor's orders to rest.

The 49-year-old singer announced in a video on her Twitter account Wednesday morning that there has been a "sudden change" to the second leg of her tour, which started in August.

She didn't say she was pregnant with her first child, only that she needed to rest up.

Jackson married Wissam Al Mana in 2012. In the video clip, Jackson thanked her fans for their love and loyalty. She went on to thank her dancers, her band and her crew.

"Once again, thank you to all the fans for your love, your undying love; your loyalty that means so much to me," Jackson said. "It's been a long journey and you guys have been there each and every step of the way and I really do appreciate that ...

I will see you soon."

On Dec. 24, Jackson announced that she was postponing her tour until the spring to have an unspecified surgical procedure. She had been next scheduled to perform in early January in Denver. Two weeks later, Jackson announced rescheduled tour dates after she took some time to recover from the surgical procedure. THE ASSOCIATED PRESS



Janet Jackson has fuelled speculation about a possible pregnancy. AFP/GETTY IMAGES

“Thank you to all the fans for your undying love; your loyalty, that means so much to me.”
Janet Jackson

He made people look



JOHANNA SCHNELLER
WHAT I'M WATCHING

THE SHOW: Mapplethorpe: Look at the Pictures (HBO)
THE MOMENT: The self-portraits

Halfway through this documentary, the late artist Robert Mapplethorpe — who was both renowned and reviled for photographing images of gay sexuality — tells a journalist the story behind his most controversial self-portrait.

After photographing a graphic sex act, Mapplethorpe recalls, one of its subjects challenged him: "You wouldn't want to be considered somebody who exploits people and isn't able to exploit himself."

So Mapplethorpe put on a vest, chaps, and boots, and (bear with me here) inserted a bull-whip into his anus. He posed with his back to the camera — then turned his head around and levelled his gaze right at us, the viewers.

"Most people would say that's a horrible image of yourself," the journalist remarks.

"No," Mapplethorpe replies.

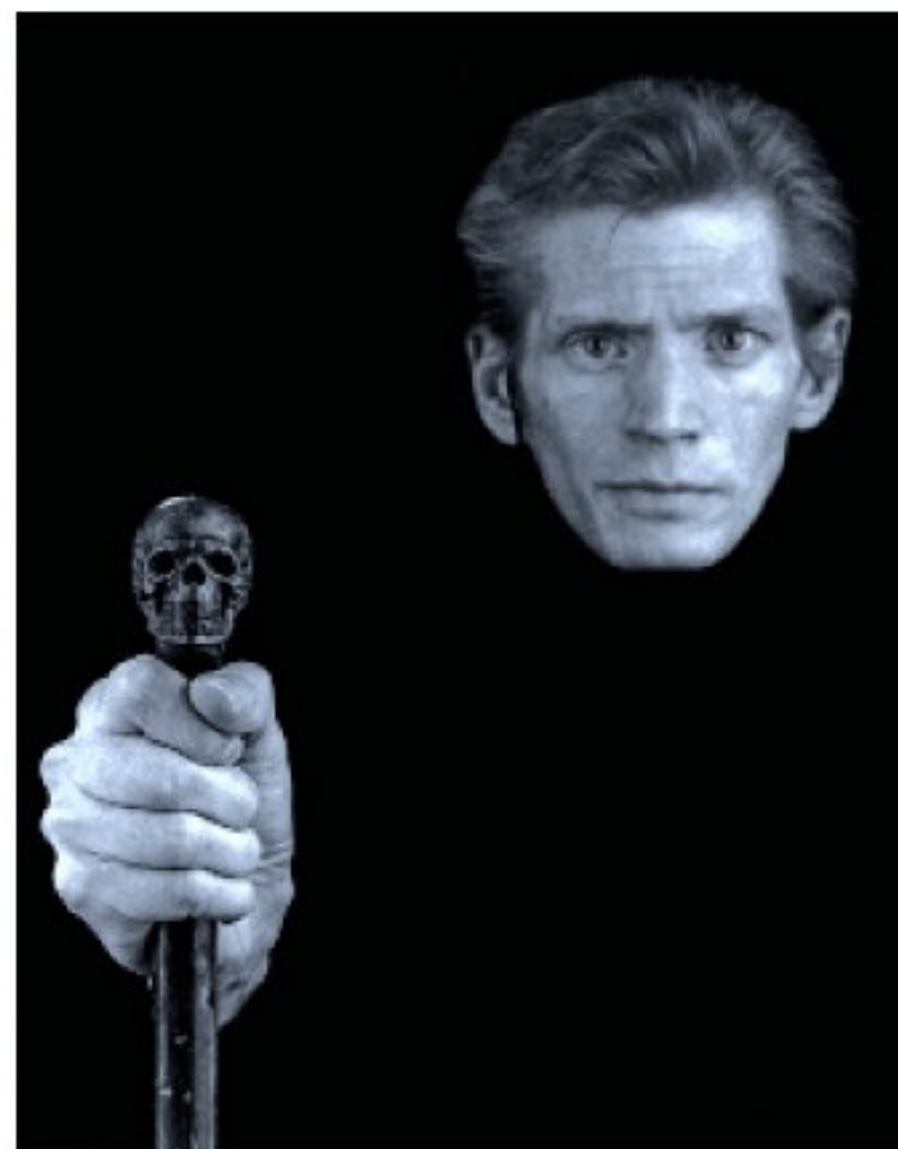
"That's a good one."

The title of this doc is a challenge, and it keeps challenging us throughout — both to see what Mapplethorpe saw, and to understand why he needed us to. Many of the images are squirm-inducing, and the interviewees acknowledge that.

But as Mapplethorpe insists, "Sexuality like I portray it is very much (happening) today. It will take a few years before people realize that," and, "What happens here is indicative of America, finally."

In other words, if many people are doing something, it can't be inherently wrong. Empathy requires understanding, and the first step toward understanding something is to look at it, unblinkingly. In his final self-portrait, Mapplethorpe holds a cane topped with a silver skull. He's dying of AIDS, and he faces that, also without blinking.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Artist Robert Mapplethorpe, who died in 1989, shocked sensibilities with his images of gay sexuality. CONTRIBUTED

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ICON BAY

Iconic apartments on the Basin



CONTRIBUTED

Project overview

Icon Bay is an all glass, state-of-the-art apartment building overlooking the Bedford Basin. There are a wide variety of suite layouts and sizes ranging from studio to three bedroom apartments.

Housing amenities

Icon Bay apartments offer six high-end appliances. Heating and air-conditioning are included. Amenities include a fitness center with a separate yoga studio, movie theatre, a golf simulator, indoor common rooms, outdoor green spaces outfitted with outdoor kitchens and cabanas, and a car wash bay.

Location and transit

Located at 50 Bedford Highway with direct access to the Windsor street exchange. A major bus route is steps from the building and traffic lights will be installed to enhance safety.

In the neighbourhood

These luxury suites also come with a view: they look over the Bedford Basin. Plus, this central location provides for quick and easy access to suburban neighbourhoods as well as the downtown core.

+ NEED TO KNOW

What: Icon Bay
Builder: Basin Vista Developments Limited
Location: 50 Bedford Highway
Building: Luxury apartments
Sizes: Ranging from 515 square feet to 3000 sq. ft.
Pricing: Starting at \$1,025 per month.

Suites: Multiple layouts of studio apartments, one, two and three bedrooms, and penthouses.
Status: Tenants set to move in Sept. 1.
Rental office: 3260 Barrington Street, Suite 105.
Phone: 902-809-9500
Website: iconbay.ca

PROJECTS

Do-it-yourself: Start seedlings in a newspaper

Get a head start on your herb garden by planting seeds in pots made with recycled newspapers.

Step 1
Gather your supplies. You'll need:

- Newspapers
- A soup can
- Seeds
- Soil

Step 2
Fold a single newspaper page

in half lengthwise. Place soup can on bottom end of the folded newspaper, approximately two inches from the cut edge of paper. Roll the newspaper snugly around the soup can to make a cylinder.

Step 3
Fold in the end paper on the soup can, starting from the seam. Fold and press firmly inward to create the base of the pot.

Step 4

Remove can from the paper. You've made a pot! Now fold the top edge of the pot in to make a rim.

Step 5
Fill pots with moistened soil and add seeds as directed on seed package. Place on waterproof tray in a sunny spot. Water.

When you are ready to plant the seedlings they can be placed directly into the soil.

TORSTAR NEWS SERVICE



Gardening is the surest way to make it feel like spring. DEBRA NORTON/FOR TORSTAR NEWS SERVICE

Will your soon-to-be home be fraught with problems?

PROTECT YOUR INVESTMENT

Eager buyers who waive a home inspection to close a deal do so at their peril

Brent Jolly

From leaky roofs and wet basements to plumbing problems and faulty foundations, Alan Carson has seen the entire spectrum of defects and damage that can haunt a home during his nearly 40 years in the home inspection business.

"I've never seen a perfect house," said Carson, president of Carson Dunlop, a home inspection consulting firm he co-founded in 1978. "Every good home inspection looks at several hundred components, so it's not just a quick cosmetic review."

Key areas that require reviewing in every inspection, Carson says, include the home's structure, the furnace and air conditioning, the plumbing, roofing, insulation and ventilation. And that's just the start.

"Home inspections help consumers understand what they're getting into and how to help them protect their investment," said Carson.

But with bidding wars becoming even more commonplace in some Canadian markets, more and more new homebuyers are choosing to forego a home inspection because it offers a chance to get a leg up on landing what they believe to be their perfect property.

Although it's one way to help quickly close a deal, it's a strategy bound to backfire over the long-term, says Canadian contractor Mike Holmes.

"It's by far the biggest mistake 'boom buyers' can make," said Holmes. "Buying by illusion, rather than education, means consumers are likely to walk into a world of pain."

About a year and a half ago, Holmes and his crew were hired by a young couple, who had recently purchased a home near High Park in Toronto. With multiple offers on the table for the property, the buyers decided to waive the home inspection condition in their offer to help put them over the top.

The couple got the property. What they also got, after Holmes' crew did its own inspection, was a list that contained about \$150,000 worth of problems from the ground floor on up.

It's just one example of a cautionary tale that many homebuyers are learning the hard way, Holmes says.

One of the best tips Holmes offers consumers preparing to put themselves in the crosshairs of a real-estate bidding war is for them to do their homework — earlier, rather than later.

To start, he says consumers should ask home inspectors lots of questions before hiring them.

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Clients should know how long an inspector has been performing home inspections and what they were doing professionally before inspecting homes.

The best home inspectors, Holmes says, often have previous experience in construction, contracting or the trades. It's an important fact to consider because Ontario does not yet have a formal licensing program in place for home inspectors.

Mark Weisleder, a real estate lawyer, recommends consumers take the time to be present when they get a home inspection done. It's a good idea, he says, because they can ask their inspector to explain potential problems to them on site, in language they can understand.

Another safeguard Weisleder recommends for homebuyers is to get to know as much about a home and its neighbourhood before making any offers.

BEST BANG FOR YOUR BUCK

Renovate strategically

When it comes time to renovate a home, be smart about which fixer-upper projects you undertake.

Some updates will add extra value to a property come listing day, but others might fail to offer a return on investment.

"When you're doing renovations, a lot of the time they're for yourself and your own enjoyment, but that doesn't necessarily translate into something that's good for resale," said Brendan Powell, a realtor with the Brel Team.

"Yes bathrooms and kitchens are always where you get the biggest bang for your buck, but you don't always get more than you spend. Ask yourself, is it just an ugly kitchen or is it a complete disaster? You have to look at the house as a totality. If you're going to put in a brand new kitchen but the rest of the house looks like a disaster, you can't just do the kitchen. It's a slippery slope. Sometimes it's best to leave ugly things be. There's no point doing a lipstick makeover."

Homeowner Sharon Giraud, 49, recently began prepping her property for resale, to be listed this month. Giraud and her husband will be experiencing what it's like to live in other parts of the world, beginning with Malaysia.

"Our home-reno plans started a couple of years ago because we knew our exit date from Canada," she said. "We did things with that in mind."

The couple hopes to fetch top dollar for the house they've lived in for 16 years to help fund the next chapter of their lives as semi-retired, global-trotting renters.

The touch-ups are minor, with the goal of accenting a unique property tailored to professionals instead of families, as it features home offices, low-maintenance gardens, modern bathroom fixtures, and plenty of space for entertaining friends, including a pool.

Small improvements can work wonders toward making a good first impression, says professional stager and interior decorator Red Barrinuevo, of Redesign4more.

"Fix the scratches and leaky faucets, the cracked tiles and the grout issues," Barrinuevo advised.

"Those things make a big difference. You don't want to be handing your to-do list to the new owners. They can always go somewhere else with nothing to do."

Sometimes the biggest payoffs are fast and cheap.

"Painting is almost always worth it," said Powell. "Paint is cheap, easy and quick..."

For yards in need of a makeover, bring in inexpensive mulch for a clean look.

"Make it as easy as possible for people to see what the space is," said Powell.

"De-clutter so that the rooms look big and they can see past the stuff." **TANYA ENBERG**



Creating additional usable living space can help home sellers harness top dollar. ISTOCK



Colin Gillies and his wife, Sophia Jong, have added both a basement apartment and a third floor Airbnb suite to their Toronto home over the years to help cover their mortgage and other home-ownership expenses.

Home buying the innovative way

REAL ESTATE

Ways to offset some of the costs of home ownership

Camilla Cornell

Colin Gillies has always regarded his house in a neighbourhood of downtown Toronto as an asset that will pay for itself.

"When we moved in, our kids were nine and 13, and we needed more space," he said. But the house he and his wife bought had more room than they needed, so they added a basement apartment. That has helped cover the cost of their mortgage for the past 30 years.

When Gillies developed a rheumatic disorder that required him to quit work in 2011, he and his wife added a small kitchen to the spacious third story of their home and hung out their shingle on Airbnb. The extra \$125 a night they earn has helped ensure they don't feel the pinch as much from having their income basically cut in half.

"Last year, we brought in about \$27,000," said Gillies.

The bonus? "We've really enjoyed having conversations and spending time with the people," he said. "My health was such that we couldn't travel. This way, the world comes to

our doorstep."

As Gillies can attest, getting — and keeping — a foothold on the property ladder sometimes requires a little inventiveness.

Here are a few ideas to get you started:

Team up with a friend or relative

A 2014 survey by TD Bank found a shift towards non-traditional ways of purchasing property. About four in 10 Canadians said they thought buying a property with friends or family members would be a great way to get started.

The scenarios vary, according to Collette Skelly, a real estate agent with Real Estate Homeward. She has dealt with several pairs of friends looking for three-bedroom houses.

"They each take a room and they usually plan to rent the third bedroom to another friend," she said. In other cases, families seek a separate space in the house for an aging relative who is contributing cash to help them make the purchase.

But such agreements shouldn't be entered into lightly, says Pat Giles, associate vice-president, real estate secured lending at for TD-Canada Trust. Before embarking on such a venture, he advises, agree on a budget and down payment, as well as the key characteristics you want in a property, and what you're willing to compromise on.

In addition, most experts agree it's wise to write up a

co-ownership agreement that stipulates who pays for what, and what happens if either party can no longer carry the mortgage, or one person wants out.

Launch an Airbnb

According to Aaron Zifkin, Airbnb's country manager for Canada, 82 per cent of the company's hosts around the world "share only the home in which they live, and 47 per cent say the income has helped them stay in their homes."

The downside, said Gillies: "I don't know if I would rely on Airbnb to top up a mortgage. Unlike having a tenant — nothing is guaranteed." But if you simply want to be less house poor than you otherwise would be, it's a great alternative, he said. And it's flexible. "If we have friends coming from out of town or we just want to take a break, we just update the calendar."

Take on a tenant

According to rentboard.ca, the average amount landlords get for a rental basement apartment in Toronto is \$867 per month.

"You may have to invest a bit more upfront for the house and the renovations," said Susan Asquith, a real estate agent with Bosley Real Estate, Ltd. "But in the long term, it should pay off."

When seeking a house with a rental space likely to attract good tenants, consider the ceiling height and windows. Said

Asquith: "No one wants to live in the dark." If there's already a separate entrance, you'll save the \$12,000-plus it would cost to dig one. And accessibility to shops, restaurants and public transit are selling points for potential tenants.

Host a student

Rates to house a foreign student in your home vary between about \$500 and \$800 a month, depending on the quality of the room, and whether you feed your student as well.

It's not chump change, said Skelly. And it can help new homeowners manage the cost of their mortgage. But hosts should be aware there's work involved.

You're required to help students figure out how to get around the city and troubleshoot for them when necessary. And you must be tolerant of different habits and customs.

Want to learn more? Check out canadianhomestayagency.com and homes-abroad-international.com, to name a couple.

Opt for a 'transitional' neighbourhood

Investing in an up-and-coming area can allow you to get into the market and could well pay off big in the long run.

"Leslieville (in Toronto) was once considered a transitional neighbourhood," said Skelly. "And the Junction (in Toronto) used to be a disaster and all of a sudden it's the coolest place in town."

Tech tools to help find new digs

Marc Saltzman

If you're like most Canadians looking to buy a home, you might circle a house for sale advertised in a newspaper, arrange to have an agent send listings in your desired area, or perhaps you'll browse properties online.

You might also consider adding some more advanced tech tools to your arsenal.

"Buyers are increasingly savvy, and they're discovering new and exciting ways to research a property and its community before seeing it in person," said Lahav Reznik, broker and managing partner of Forest Hill Real Estate Inc. Brokerage.

"In conjunction with using a professional, these tools can provide a clearer overall picture of the property and its neighbourhood to help Canadians find their dream home."

In fact, many of these emerging technologies are Canadian-made.

Do the drone

Richard Foltys, founder of Richard Emmanuel Studios, says drone photography is becoming "extremely" popular among those who want a bird's eye view of a prospective property.

"We're getting more requests than ever from real estate agents and private sellers to shoot above and around larger properties," said Foltys.

"Homebuyers can get a great perspective of the property layout, an idea of how close they are to parks, walking distance to main streets, and the proximity of their neighbours," explained Foltys.

But these still images and videos need to be shot legally and responsibly, cautioned Foltys. Commercial drone photographers need to apply for a permit, but both drone photographers and hobbyists need to respect people's privacy and also not fly over anyone for safety reasons.

Foltys also uses a drone inside of a home as a virtual walkthrough. "We can also provide an experience of what it's like walking through the house by taking the propellers off a drone and using the camera, with image stabilization, to shoot a smooth walk around inside," he said.

Virtual tours

Why settle for flat 2D images



Richard Emmanuel Studios drone photography.

RICHARD FOLTYS

of a home you're interested in when you can take a virtual tour on a smartphone, tablet, laptop or desktop?

That's the idea behind VR Listing, Inc., a service that delivers virtual tours of homes for potential buyers. The company also operates in New York and Barbados, says Aaron Tench, the company's 25-year-old chief executive officer.

"With VR Listing, agents can show their clients 10 houses in 10 minutes — with life-like realism and feel — without needing to leave their own home, saving both time and money," explained Tench.

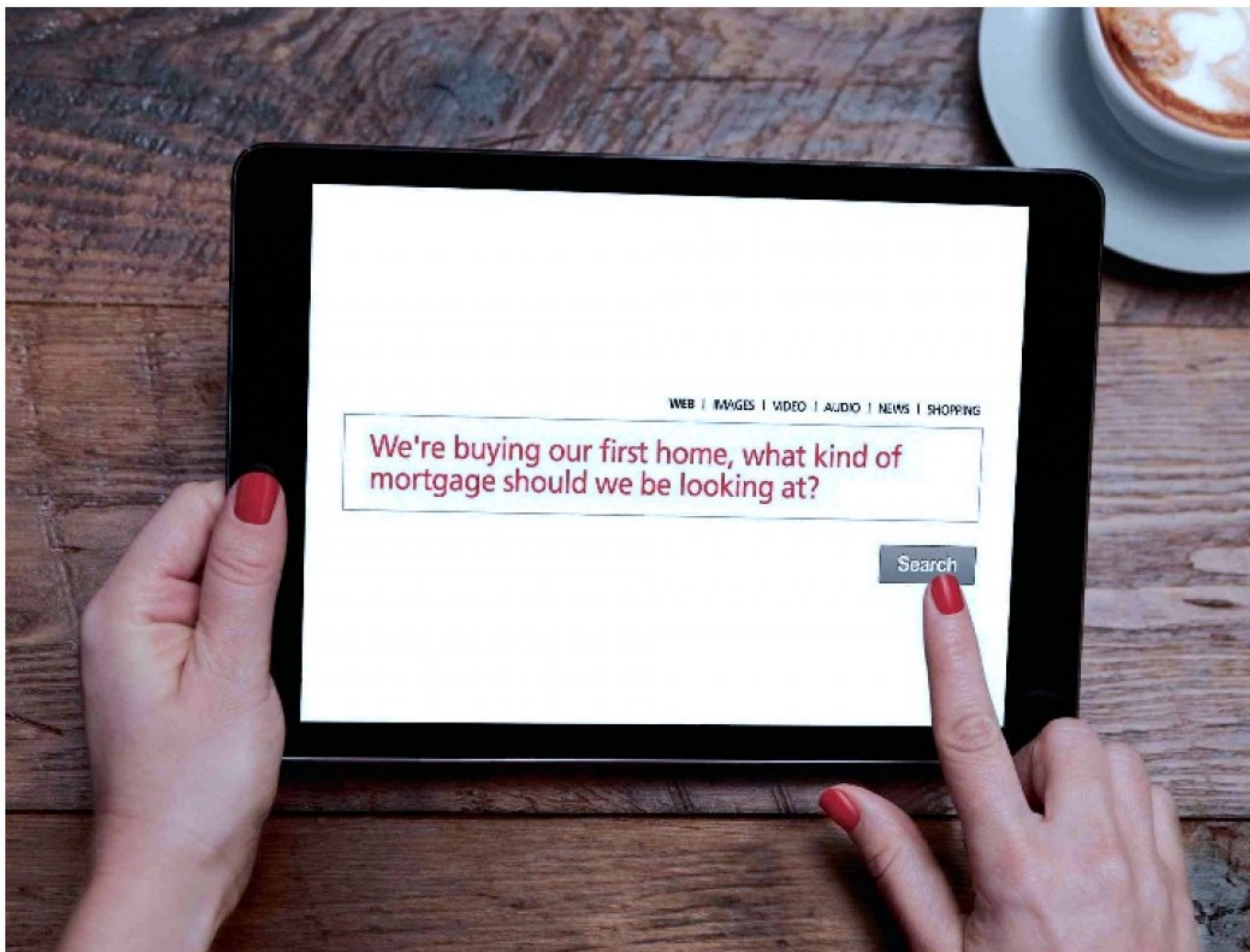
"We aim to change the way real estate is marketed globally and allow people to view properties from other countries."

A serial entrepreneur with a history in the tech start-up space, Tench says he and his partner, Jon James Atyeo, were monitoring the Canadian real estate sector and discovered the solutions for marketing properties were simply outdated.

The process begins with a multi-point scan of the interior of the property. A sophisticated scanning camera utilizes both high-definition optics and calibrated lasers to digitally map out the interior of a space. Several image points are collected, and this information is digitally assembled to create a 3D rendering of the space.

Using the information, a virtual floor plan is created, along with a second schematic floor plan (with exact measurements of room sizes).

The "dollhouse" feature, which zooms the viewer outside of the property, gives a 3D perspective that can be easily manipulated to view at any angle. Pricing starts at \$250.



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With two more home runs Wednesday, Robinson Cano became the first Seattle player to hit four homers in the first three games of the season

Cup fever could be dissipating

NHL

Survey shows playoffs are trending away from must-see

Cam Tucker
Metro | Vancouver

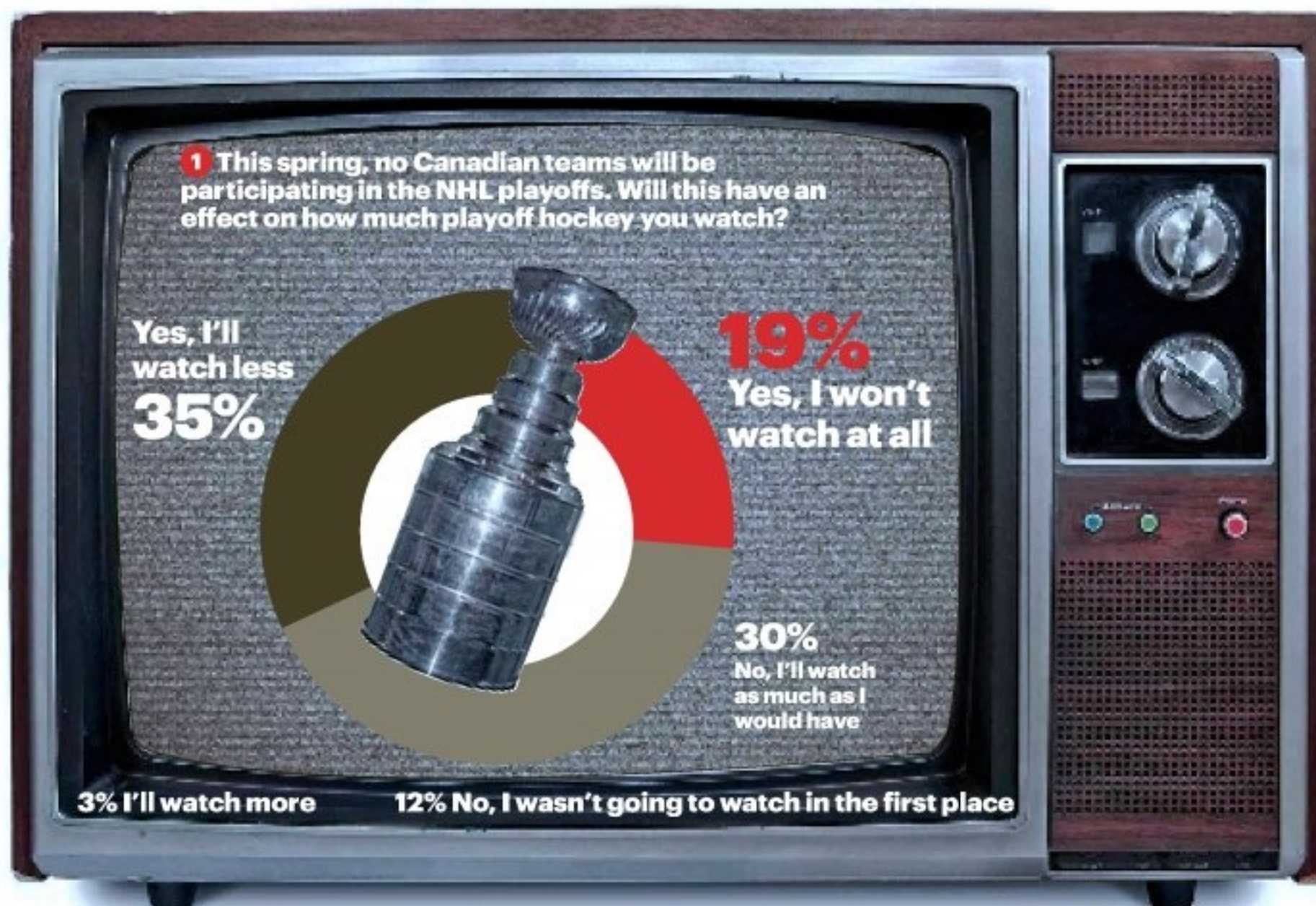
For the first time since 1970, Canada's NHL teams have been entirely shut out from the Stanley Cup playoffs, which could throw a heavy hit on viewership north of the border, a new Angus Reid Institute survey suggests.

The absence of Canadian teams means 54 per cent of fans who would usually watch the NHL post-season say they will either watch less playoff hockey this year or won't even watch at all, according to the online survey of 1,522 Canadians conducted from March 28 to 31.

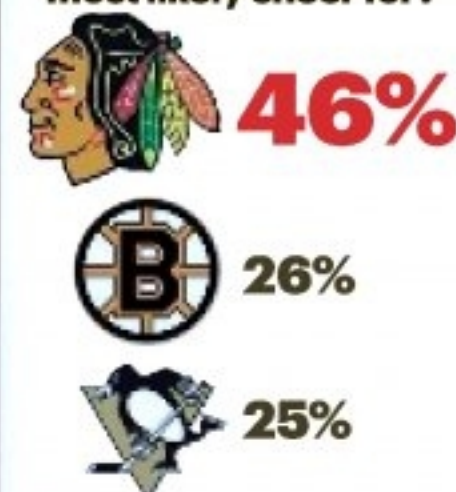
Last week, the Ottawa Senators were the final Canadian team to be mathematically eliminated from contention, ensuring that for a 23rd consecutive year, a Canadian team will not win the Stanley Cup.

For most Canadian teams, specifically Vancouver, Calgary, Edmonton, Winnipeg and Toronto, the stretch drive has been less about playoffs and more about dropping to the bottom of the standings for the best chance at landing the first overall pick in the 2016 NHL Draft — also known as the Auston Matthews sweepstakes.

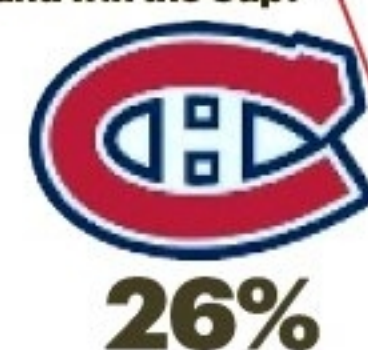
According to the survey, not



2 If you had to choose, which U.S.-based playoff team(s) will you most likely cheer for?



3 Which of the seven Canadian teams do you think will be the first one to break this streak and win the Cup?



GRAPHIC BY ANDRES PLANA/METRO

having a Canadian team in the playoffs could have a substantial impact on the number of "diehard fans" who choose to tune in.

Of the 131 people who identified as "diehard fans," 47 per cent said they would watch less playoffs this year. Twelve per cent said they won't watch at all.

"I think that just goes to show how closely diehard hockey fans

in this country identify this as Canada's game," Shachi Kurl, executive director for the ARI, told Metro.

Still, almost 200 Canadian players will compete for the Stanley Cup on playoff teams this spring.

The Florida Panthers, with former Canuck Roberto Luongo as their star goalie, and the St.

Louis Blues lead the way each with 16 Canadian players on their rosters.

The survey states that 46 per cent of respondents said they will support the Chicago Blackhawks, the defending champs, in the Western Conference. Twenty-six per cent said they would support the Boston Bruins (if they make it) in the East, and 25 per cent

said they'd go for Sidney Crosby and the Pittsburgh Penguins.

"Even though we know that there are going to be certain hometown heroes ... this is really about local pride and about Canadian pride," said Kurl.

The Montreal Canadiens are the last Canadian team to hoist hockey's coveted silver chalice back in 1993.

The Habs are, in the minds of fans, the favourites to reclaim hockey supremacy, with 26 per cent of respondents saying they would be the next Canadian team to win the Stanley Cup.

Not everyone shares that sense of optimism. Three per cent of respondents say no Canadian team will ever win the Stanley Cup again.

PUGILISM

Fighting falling by wayside in NHL

Shawn Thornton used to scan the roster of his team's next opponent for players he might have to fight, but in today's NHL that's no longer necessary.

It's a new reality embraced by the 38-year-old one-time enforcer.

"I'm OK with not having to lose sleep every single night," Thornton said.

Fights have plummeted nearly 50 per cent from only five years ago, according to HockeyFights.com, a stunning

reversal for a league that has long contemplated fighting's place in the game.

The NHL is on pace for about 300 fewer fights from the 2010-11 season, a 47 per cent drop, and nearly 400 fewer scraps from the more than 730 of two years before that. In fact, the NHL is likely to see fewer fights this season, about 345, than the 347 during the lock-out-shortened 48-game campaign in 2013.

THE CANADIAN PRESS

IN BRIEF

Habs shut down Price

Carey Price felt he was close to a return to the Montreal Canadiens net, but didn't feel quite good enough to play in one of the final two games of the regular season.

So after meeting with team doctors and management, the star goaltender and reigning NHL most valuable player decided his season was over.

"We just ran out of time at the end of the season," said Price, who played in just 12 games this season.

THE CANADIAN PRESS

Souza powers Rays' comeback win over Jays

Steven Souza Jr.'s second home run of the game, a go-ahead, three-run drive in the eighth inning, lifted the Tampa Bay Rays over the Toronto Blue Jays 5-3 Wednesday.

Tampa Bay has homered in a team-record 18 consecutive games dating to Sept. 20.

Toronto's Josh Donaldson hit a three-run homer in the third, but left after a seventh-inning at-bat with a strained right calf. THE ASSOCIATED PRESS



EDMONTON THE END OF AN ERA FOR REXALL PLACE

A fan shows his support as he watches the final game at Rexall Place between the Oilers and Canucks in Edmonton on Wednesday. The Oilers closed out the building in style with a 6-2 win. JASON FRANSON/THE CANADIAN PRESS

RECIPE Black Bean & Tuna Wrap



PHOTO: MAYA VISNEV

Ceri Marsh & Laura Keogh
For Metro Canada

This protein-packed wrap makes an easy, healthy dinner.

Ready in
Prep time: 30 minutes
Total time: 35 minutes

- Ingredients**
- 1 x 19 oz. can of black beans, drained
 - 1 x 5 oz. can of tuna
 - 1/2 cup chopped fresh tomato
 - 1/2 cup chopped red pepper
 - 1/4 cup finely chopped red onion
 - 1/4 cup olive oil
 - 3 Tbsps lime juice
 - salt and pepper to taste
 - 1/4 cup chopped cilantro
 - 2 handfuls of chopped lettuce, washed and dried well
 - 1/2 an avocado, sliced
 - 4 tortilla wraps

Directions
1. In a large bowl, toss together

er beans, tuna, onions, peppers, oil, lime juice and salt and pepper. Cover and place in the fridge for half an hour or overnight for the flavours to combine and develop.

2. When you're ready to assemble your wraps take your bowl out of the fridge, add your chopped cilantro and stir.

3. Lay your tortillas out on your work surface.

4. Place your lettuce down first (this will keep your tortilla from getting soggy), then scoop the tuna on top, and add a few slices of avocado. Make a rectangle of filling in the middle of your wrap. Pull one side of your wrap over the filling and tuck it in snugly. Now fold over both ends of the wrap. Keep rolling it over until it's closed. Slice in half and serve.

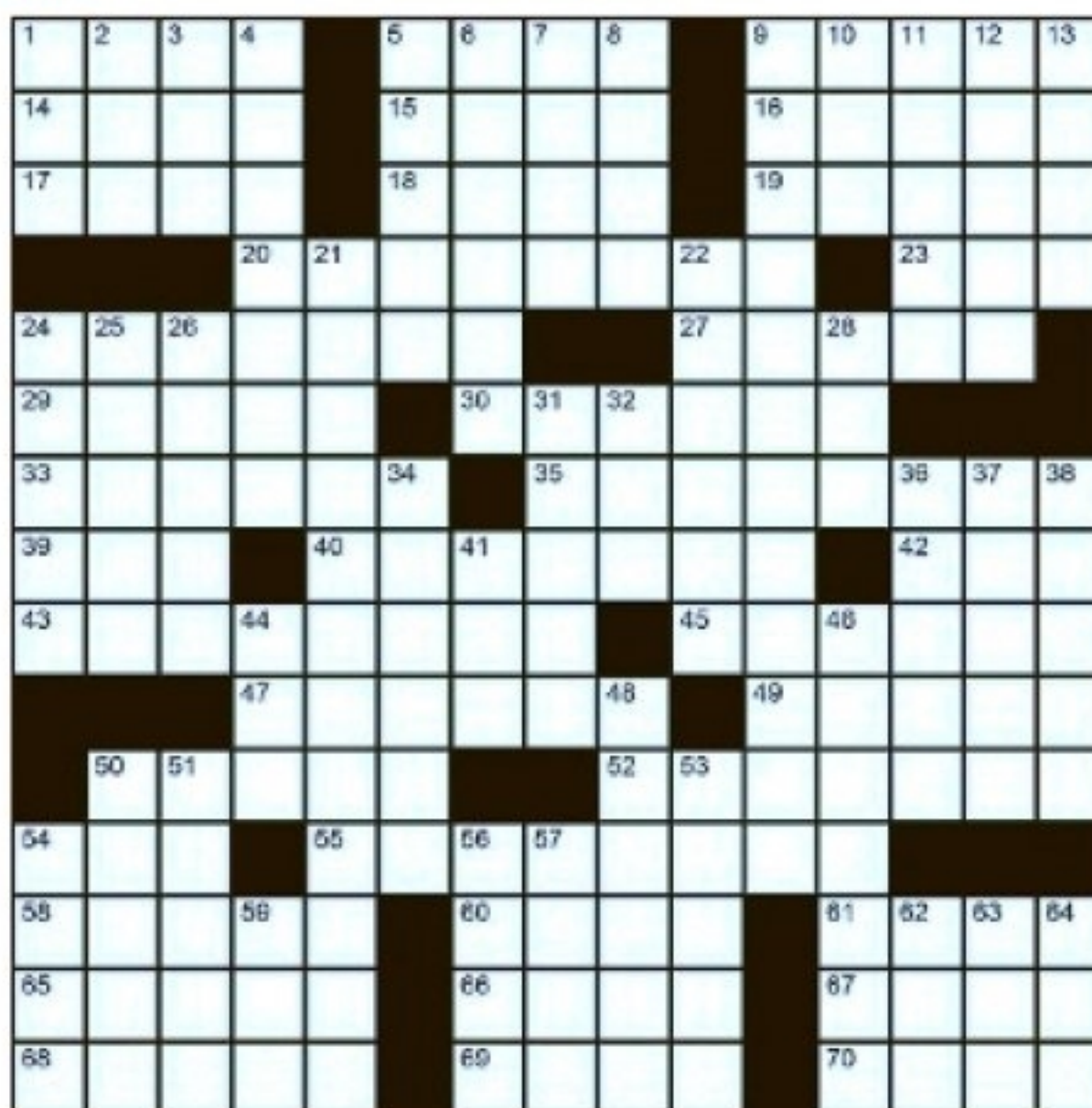
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Wooden wedge
- Sea lettuce
- "What am I, chopped _?"
- Verdi opera
- Sci. class
- Dispatch boat
- Ringing reverberation
- Mini medians
- Biker role in #61-Across
- 11:00pm, for instance: 2 wds.
- Social pages word
- Fab Four, for one
- Canada _ (CBC's annual books competition)
- Regular
- Woodstock salutes
- Of the body's major artery
- Rules of conduct
- Shiba _ (Dog breed of Japan)
- Pamplona's locale in northern Spain
- Muesli tidbit
- Drop in rank
- Sacred place
- Gilligan's boat, S.S. _
- Ancient Greek colony
- Joe of "JFK" (1991)
- The _ (Novel by #9-Down which is the 2016 winner of #27-Across)
- Abitibi article
- 1934: Montreal Neurological Institute founder, Dr. Wilder _



- (b.1891 - d.1976)
- Express
- Sports car, _ Romeo
- "_ Rider" (1969)
- Latin for 'I believe'
- Enter: 2 wds.
- _ & The Bunny-men

- US 'Gem State', briefly
- Shopping centre regular's nickname
- Decrease
- It keeps a censor ready with the bleep button: 2 wds.
- Van _ Vincent
- Besides

DOWN

- Maple's meal
- "Speed it up, stallion!"

- Newmarket, Ontario born author (More at #27-Across and #52-Across): 2 wds.
- Climber of the quoins
- Choice dish
- Rob of "90210"
- Automatic
- Nfld., for one:

- 2 wds.
- Cheering-on people
- Randy of "The Apprenticeship of Duddy Kravitz" (1974)
- "Can you give _ moment, please?" (Making-a-decision couple's request)
- Latin for 'gold'
- Peer Gynt's mother
- Actors Joe or Vincent
- Odd, briefly
- Ms. Kazan of "My Big Fat Greek Wedding 2" (2016)
- Fist, in France
- Actress Ms. Raymonde
- Bargain
- "_ Ryan's Express" (1965) starring Frank Sinatra
- Mantric syllables
- Antlered creature of European woodlands: 2 wds.
- Nintendo's getting-in-shape offering, _ Plus
- Science dish
- 'Poly' add-on (Synthetic fabric)
- Angles
- Good fortune
- Harps
- Sight-of-ice in The Arctic
- Japan's capital's old name
- Expert
- "_ Devil" (1989)
- Greeted, Rocky-style

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today the only New Moon in your sign all year is taking place. That's why this is the best day to take a realistic look in the mirror to see how you can improve your image.

Taurus April 21 - May 21
A hidden epiphany or a sudden idea likely will occur to you today. Listen to what it is, because it might help you.

Gemini May 22 - June 21
This is the only New Moon all year regarding friendships for you. Are you happy with your friendships? Do your friends care about your welfare? Think about this.

Cancer June 22 - July 23
This is perhaps the best day of the year to think about your life direction. Are you headed in the direction you want to go? Are your goals really your goals?

Leo July 24 - Aug. 23
What further training can you get to improve your job? What further travel and education might enrich your life? Think about this today.

Virgo Aug. 24 - Sept. 23
Today's New Moon urges you to study your debt and anything that has to do with shared property. Figure out what you owe and what you own, because information is power.

Libra Sept. 24 - Oct. 23
Today is the only New Moon that is opposite your sign all year. This means it's the best day of the year to think how you can improve your partnerships and close friendships.

Scorpio Oct. 24 - Nov. 22
Today's New Moon is an opportunity to think about how you can be more efficient at work. It's also the perfect time to think about how you can improve your health.

Sagittarius Nov. 23 - Dec. 21
How well do you balance play and work in your life? It's crazy to work so hard that you never enjoy life. "What's it all about, Alfie?"

Capricorn Dec. 22 - Jan. 20
The New Moon today is your chance to make resolutions about how to improve your home, as well as how to improve your relationship with family members. Ideas?

Aquarius Jan. 21 - Feb. 19
Communication with others is important because we are social creatures. Do you listen as well as speak? How can you be a better communicator?

Pisces Feb. 20 - March 20
Today's New Moon encourages you to think about how you handle your money and your possessions. What kind of report card would you give yourself?

CONCEPTIS SUDOKU by Dave Green

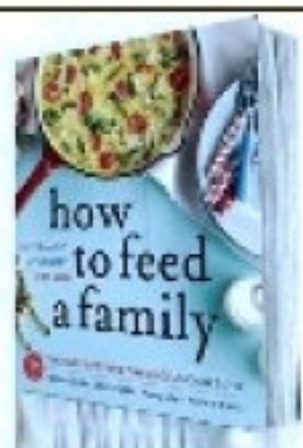
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